



CHAPTER 3 WORKSHEET: EVIDENCE

Good Evidence Hunting: Take a trip down memory lane. Take turns independently walking through your home looking for evidence of the love you share there. It could be pictures, cards, notes, gifts, or it could be a rock that you found at the beach together.

Make notes about what you see:

Once you have walked through independently, go together and share what you have found. Make note of things you didn't notice before.

Now make a list of new evidence that you can add to your good evidence collection, and do them. If you have photos hanging on your wall that are old and outdated, add to the collection. Choose something more recent to frame and display that as well. Create a family wall or shelf.

Do you have any evidence around that doesn't support what you want? If so, get rid of it. I had something that an ex gave me and I kept it because I had wanted it at the time. I had so much negative energy around it that I finally gave it away, it wasn't worth the dread I felt when I saw it. Get rid of those things.